

Allergies and Intolerances Policy

Policy Statement and Purpose

Stramash is an early years provider aware that some children may have allergies ranging from mild and moderate to life-threatening. We aim to provide a safe environment that enables any child with allergies to participate fully in the Stramash experience without exposure to allergens.

In accordance with the [Health and Social Care Standards](#), we ensure:

- Personal plans (care plans) set out how needs are met alongside individual wishes and choices. **1.15**
- Any treatment or intervention experienced is safe and effective. **1.24**
- Meals and snacks meet cultural and dietary needs, beliefs, and preferences. **1.37**
- Children and families have confidence in staff who are trained, competent, skilled, and able to reflect on their practice. **3.14**

Statutory Framework and Guidance

This policy is underpinned by the following national guidance (click links for full documents):

- [Management of medication in daycare of children and childminding services \(Updated May 2026\)](#)
- Care Inspectorate standards for safe administration and storage.
- [Supporting children and young people with healthcare needs in schools \(Updated 2026\)](#): Scottish Government guidance on health management in educational settings.
- [GIRFEC Statutory Guidance \(Refreshed 2022\)](#): Framework for supporting child wellbeing.

GIRFEC and Individual Healthcare Plans (IHP)

Following [Getting It Right For Every Child \(GIRFEC\)](#), Stramash works in partnership with families and relevant agencies to build care plans for each child. Plans are mapped against the Wellbeing Indicators: **Safe, Healthy, Active, Nurtured, Achieving, Respected, Responsible, and Included**.

IHP Implementation

- The nursery will liaise with families and agencies upon the declaration of an allergy or intolerance.
- Plans must include specific prevention techniques and a step-by-step procedure for reactions.
- Individual medical care plans and reaction procedures are displayed in communal staff areas for immediate access.
- Staff must read and reflect upon each plan at the beginning of each new term. Preventative measures are discussed regularly with families to ensure they remain effective.

Preventative Measures

Stramash employs a multi-layered approach to allergen safety:

Blanket Measures

- **Nut-Free Environment:** As per Scottish Government guidance, all Stramash settings prohibit foods containing nuts.

- **Supervision:** Staff provide active supervision during mealtimes to prevent food swapping and monitor for early symptoms of distress. This should include staff members sitting with children and facing them to check for early signs of allergic reactions.

Individual Measures

- **Tailored Adjustments:** Where blanket measures are insufficient, individual protocols (e.g., using a specific hand soap) are implemented.

Management of Medication

All medication procedures align with the [Management of medication in daycare of children and childminding services \(Updated May 2026\)](#) and [Stramash Medication policy](#)

- **Provision:** For some children, this includes antihistamines or an Epi-pen/AAI.
- **Training:** Training is mandatory for **all staff**, including bank staff, regarding the use of Epi-pens or other specialised equipment.
- **Storage:** Medication is stored in an accessible but safe location, away from heat sources, and monitored for expiry dates monthly.

Staff, Volunteers, and Students

For staff, volunteers, or students with severe allergies, the same rigorous process applies. Necessary preventative measures will be implemented, and their reaction procedures will be documented and shared with the team.